**Desserts**

**Honey Cookies (Dulcia De Melle)**

*Makes about 40 cookies. Takes an hour and a half (including one hour of chilling time in the fridge).*

* 2.5 cups flour
* 1 teaspoon baking powder
* 1/4 teaspoon salt
* 1/8 teaspoon baking soda
* 1/2 cup unsalted butter, room temperature; extra melted butter for dipping (optional)
* 1/2 cup of honey
* 2 eggs
* 1/2 cup sesame seeds

*In a bowl, combine flour, baking powder, salt, and baking soda. Set aside*

*In another bowl, combine butter, honey and eggs with an electric mixer (or manually, until well mixed). Gradually beat in the flour mixture. Cover and chill the dough for about 1 hour or until firm.*

*Preheat oven to 375 degrees. Grease two baking sheets. Form chilled dough into 1-inch balls and place dough on prepared baking sheets.*

*Flatten each ball slightly on the sheets. Bake 10 minutes or until golden brown. Be sure not to overcook them, or they will be dry.*

*When ready, remove cookies from baking sheets. While warm, dip in bowl of melted butter and then roll in sesame seeds. Cool on a wire rack.*

**Pepones et Melones (Water and Honey Melons)**

*Ends up with about 4 servings.*

* 1/2 Honey Melon
* 1/2 Water Melon

*Note: if you can’t find a honey melon, you can substitute with more water melon or cantaloupe*

* 16oz Passum (*grape juice mixed with a dash of honey and reduced by 1/3rd)*
* a dash of honey
* 1 tbsp minced parsley (or, 1 tsp dried parsley)
* dash of pepper
* dash of salt
* dash of vinegar

*Peel, dice, and then de-stone/de-seed the melons. Put the diced melons into a saucepan with all of the spices, herbs, ingredients, and Passum. Cook uncovered for 5-10 minutes, and then cover and cook until the melon is very tender and slightly shrunken.*

**Dulcia Domestica (Candied Dates)**

*Note: the quantities for this recipe are very flexible—it entirely depends on how many dates you want to make overall. As long as the dates are fully covered by the honey that they cook in, it will be fine.*

* 10-20 dates, with pits removed
* sea salt
* honey
* ground nuts (if you want to save time, you can substitute with whole almonds)

*Cut into the dates length-wise, and remove the pits from the dates. Put the ground nuts or a whole almond into the empty part of the date, and then press down on the cut.*

*In a saucepan or in a small pot, pour in honey to about twice the height of a date (up to two inches deep of honey). Put the honey on heat until it just starts to boil and change color. Then, put the dates in, and roll them over every so often. Cook them until the skin of the date just starts to peel off. Let cool for a few minutes, then serve warm or cold.*

**Savillum (Roman cheesecake)**

*Serves 4.*

* 15 bay leaves
* 3 eggs
* 8oz ricotta cheese
* 1/2 cup honey
* 1tsp grated orange zest (optional)
* 1 tsp lemon juice
* 1/2 cup all purpose flour

*Preheat the oven to 425 degrees F. Pour some water into a small, oven-proof bowl, and place into the oven. Arrange the bay leaves over a springform pan (a cake pan) that you will cover.*

*Beat the eggs in a mixing bowl, then mix in ricotta cheese, honey, orange zest, and lemon juice. Sprinkle in the flour, and stir until evenly combined. Gently pour the batter over the bay leaves, being careful not to disturb the leaves too much.*

*Bake in the preheated oven until browned, about 35-40 minutes. Run the tip of a knife around the edges of the pan, and release from the pan. Invert unto a serving plate, and serve warm or chilled.*

**Patina De Piris (Pear Patina)**

* 4 pears
* 1 tbsp honey
* pinch of pepper, pinch of cumin
* 1/2 cup of passum
* 3 eggs
* 1.5 cups milk (optional)
* 1 tsp olive oil
* water (or white wine)

*Put the water or white wine in a pot, enough to cover the pears. Poach the whole pears in water or white wine. When they are done, peel and core them, then crush them into a puree, mixing in the honey, pepper, cumin, and passum. Beat the eggs, adding the milk if desired. Then blend this into the pear mixture with the olive oil. Pour into a casserole dish and bake for around 20 minutes at 350 degrees F.*

**Breakfasts**

**Tiropatinam (A kind of soufflee)**

*There really isn’t an equivalent food for this one. This one is hard to judge well, so do your best!*

* 16oz of milk
* 6 eggs
* 3 tbsp of honey
* a dash of ground pepper

*Sweeten the milk by thoroughly mixing in the honey, and then add the eggs and mix together until smooth. Cook on low heat until the mixture is stiff and a bit firm. Sprinkle over pepper and serve.*

**Ova Sfongia Ex Lacte (Pseudo-pancakes)**

*This recipe is very similar to the one above, but with the addition of flower, less honey, and more egg.*

* 18oz of whole milk
* 8 eggs
* 1tbsp of honey
* a dash of ground pepper
* flour (as needed)
* 3.5oz of olive oil

*Mix the milk, eggs, oil until you have a sort of dough. Add flour as needed if the mixture is not firm enough to form. Fry in a pan and serve topped with a dash of honey and pepper.*

**In Ovis Apalis (Boiled Eggs)**

*These eggs should be boiled for around 4 minutes—hard-boiled eggs, but not too hard!*

* 8 medium-boiled eggs
* 4oz pine nuts
* 6tbsp vinegar
* 2tsp honey
* Two pinches of pepper
* Two pinches of celery salt

*Soak the pine nuts in the vinegar for 3-4 hours before starting this meal.*

*Hard-boil the eggs for 4 minutes. Mix the pine nuts, vinegar, honey, pepper, and celery salt in a blender (or by hand) until combined and smooth. Peel the shell of the eggs, cut egg into halves, and serve.*

**In Ovis Apalis Aliter (Boiled Eggs, another way)**

*This is an alternate to the recipe above.*

* 5 medium-boiled eggs
* 10oz pine nuts
* 2.5tsp ground pepper
* 2tsp honey
* 3tbsp anchovy paste

*Soak the pine nuts overnight in water. Then drain and grind them finely in a blender or pound them in a mortar. Add the pepper, honey, and anchovy paste. Heat the sauce in a bain-marie (a double-boiler), or, heat the sauce on very low heat and stir frequently.*

*Meanwhile, put the eggs into a pan of cold water (the water must fully cover the eggs) and bring to boil. Let them cook for 3.5 minutes (clock starts when the boiling begins) then take them off the heat, plunge eggs in cold water and peel them carefully. The outer edge of the egg should be firm, but the inside should be soft. Put the eggs, whole, into a bowl and cover in the sauce. Serve.*

**Moretum (Herb and Cheese Paté)**

*This recipe includes a lot of garlic, so for the most part, you should feel free to try it out with a smaller portion of garlic, and add garlic as necessary.*

* 1/2 bulb fresh garlic, finely minced
* 3.5oz fresh feta cheese
* 1.5 celery stalks, finely minced
* 1/2 bunch of coriander leaves, finely minced (or, 1 tbsp of of ground coriander)
* 1tbsp olive oil
* 2 tbsp white wine vinegar

*Break of the garlic bulb into cloves, and remove them from their skins. Mince garlic finely, or turn into a paste in food processor or a mortar.*

1. *Roughly chop celery, cheese, and herbs, then combine until smooth in food processor (or, pound in mortar).*
2. *Or, mince finely celery and herbs and set aside. Then, pound feta in mortar/bowl until smooth and creamy. Then, add minced ingredients to feta.*

*Add the oil and vinegar to the mixture and put in food processor, or mix by hand in a bowl. Then, let sit for at least 15 minutes (or preferably, overnight) to let the flavors mingle. Serve with sourdough or*

**Dinners**

**Vitellina Fricta (Fried Veal)**

*If you want to substitute veal with another meat, you can use chicken, lamb, or another ‘light’ meat.*

* 1.5 pounds of veal (cutlets are preferable, but choice is up to you)
* 2/3 pound dried raisins.
* 1tbsp honey
* 2 tsp vinegar
* 4/5 cup of wine
* 2/5 cup of olive oil
* 2/5 cup of fig syrup (you can buy a can of figs, and drain the syrup from that)
* 1tsp salt
* pepper
* celery salt
* 3 finely chopped celery stalks
* cumin
* oregano
* onion powder

*Fry the veal in olive oil until well done. In a separate pan, mix in the raisins, wine, vinegar, honey, olive oil, salt and spices together, and boil the sauce for a short amount of time (3-4 minutes, 10 minutes max). Pour the sauce over the veal, and then leave the veal in the sauce for 10 minutes and cook on low heat. Serve.*

**In Vitulinam Elixam (Boiled Veal)**

* 1-1.5 pound of veal (you can substitute veal for chicken breast)
* 2 tbsp honey
* 2 tbsp vinegar
* 3.5oz olive oil
* 3.5oz white grape juice (or white wine) and 1 tsp salt
* cornstarch
* 4 stalks chopped celery
* 1 tsp of pepper, celery salt, cumin

*Boil the veal in a pot for 1 to 1.5 hours until the veal is well done. Mix together honey, vinegar, oil, grape juice/wine, salt, and spices in an extra pan. Boil the sauce briefly, (2-3 minutes), and thicken it with cornstarch. Drain the water from the pot of veal. Pour the sauce into the pot over the veal, and let boil on low heat for another 10 minutes.*

**Sarda Ita Fit (Tuna)**

* 1 pound of tuna fillets
* 1/2 tsp ground pepper
* 1 tsp celery salt
* 1/2 tsp dried thyme
* 1/2 tsp dried oregano
* 5oz dates (without pits)
* 1 tbsp honey
* 4 hard boiled eggs (cut into quarters)
* 2oz white wine (or white grape juice)
* 2 tbsp white wine vinegar
* 2oz fig syrup (defritum)
* 23 tbsp olive oil

*Cook the tuna fillet in a pan or skillet until cooked through. Mix the fillet together with the dates, honey, wine, vinegar, fig syrup, and olive oil. Cook on very low heat for 4-5 minutes. Put everything into a bowl and garnish with egg quarters.*

**Ius in Cordula Assa (Roast Tuna)**

* 1 pound of tuna fillets
* 3 tbsp strong vinegar
* 2 tbsp of vinegar mixed with anchovy paste (or, if no anchovy paste, worchestershire sauce)
* 9 tbsp olive oil
* 4 finely chopped shallots
* 1 tsp pepper
* 1 tsp celery salt
* 1oz fresh mint

*Mix all the ingredients (except for the tuna) in a jar—shake well to blend into a vinaigrette.*

*Brush the tuna fillets with oil, pepper, and salt, then grill them (or sauté them) on one side. Turn them, and brush the roasted/cooked side with the vinaigrette. Repeat. The tuna should be pink on the inside. Serve with the remains of the vinaigrette.*

**Lunches**

**Columella Salad**

*This is a salad that you can mix up—the ingredients can be balanced with different amounts.*

* Romaine lettuce (optional)
* 3.5oz fresh mint
* 2oz fresh coriander (or, 1tsp ground coriander seed)
* 2oz fresh parsley
* 1 small leek
* sprig of fresh thyme
* 7oz of cheese (Manchego, Iberico, Basque, and Parmesan cheeses are all good hard cheeses to use—any salty cheese is good, however)
* vinegar to taste
* pepper to taste
* olive oil to taste
* salt to taste

*Chop the leek into small pieces, and then mix all of the ingredients together.*

**Fabaciae Virides (Green Beans)**

* 1 pound of green beans
* 2oz white wine mixed with 1 tsp of salt (or, you can skip the wine)
* 12 tbsp olive oil
* 1 tbsp minced coriander leaves (or 1/2 tbsp ground coriander seed)
* 1 tsp cumin
* 1/2 finely chopped leek

*Cook the beans, wine, salt, olive oil, coriander, and cumin together in a pan until the green beans are soft and tender.*

**Patina De Pisciculis (Soufflee of Small Fishes)**

* 1 pound of boiled fillet of small fishes (or, any fillet of white fish will do)
* 1/3 pound of raisins
* 1/2 tsp ground pepper
* 1 tbsp of celery salt
* 1 tbsp of oregano
* 2 small diced onions
* 7oz of olive oil
* 1/2 tsp salt
* cornstarch

*Boil, poach, or sauté the fillets until they are cooked all the way through and pull apart easily. Mix raisins, pepper, celery salt, oregano, chopped onion, salt, and oil together and put the mixture in a casserole. Cook until done. Then, put fillets into the mixture, and thicken with cornstarch.*